

Resources:

Online video,
mats

Learning Intention: How can you co-ordinate different parts of your body to work at the same time?

I can jump forwards and backwards (on the rocks) with some control

I can squat down on the rocks, moving my feet forwards and backwards with control

I can criss-cross my arms and feet quickly (over the shells) with control and co-ordination

Warm Up:

*Before you start the lesson - all children are to put their hands on their chest.
Can they feel their heart beating? Linking learning: recap from last lesson.*

Warm Up: Video or teacher to lead

See video with Captain Haynes,
or teacher to lead a pirate warm up below.



Teacher Warm up:

Children to find a space and listen to the teacher's instructions.

North : Run forward

South : Run backwards

East : Side step to the right

West: Side step to the left.

Canon ball : Squat down quickly and get into press up position

Land Ahoy: Climb up the ladder look out of your telescope and call "land Ahoy!"

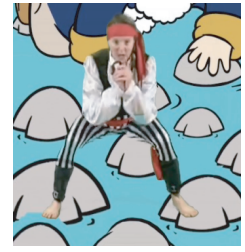
Note: you can also add the other instructions from lesson 1-3 warm up.

Main Activity: Pirate Adventure Fitness (follow the video or teacher to lead):

1) Criss cross arms and feet over the shells



2) Squats on the rocks - move backwards and forwards



3) Hop for 5 seconds on each leg on the plank



4) Squat thrusts - jumping in and out of the stepping stones



5) Cycling action on backs - pushing the treasure into the hole

Make it harder: Move faster!



6) Total body extensions - bending down to the floor and helping Bobby up the rope.



Activity 2:

Co-ordinate: Getting the arms and legs to work together at the same time

- 1) Can you make up an exercise where you must use different parts of your body and move them at the same time? (**Co-ordination**) e.g., criss-cross. Can you think of anything else you can do with your arms and feet?
- 2) Can you teach this exercise to another group?
- 3) Can you encourage your friends?

COOL DOWN

See video or jog on a spot slowly, move on to marching, then finish off saluting the captain!

PLENARY

What was your favourite exercise today? What does co-ordinate mean when exercising?